

South Brunswick

Beacon Senior Newsletter

DECEMBER 2016

The South Brunswick Senior Center is open to all residents 55+. FREE to join – Visit office Tuesdays or Fridays (9:30am-12:30pm). Fill out membership form (at new website: www.southbrunswicknj.gov). Must have proof of age (55+) & proof of So. Brunswick residency.

Senior Center Hours/Info. Monday - Friday (8:30am - 4:30pm), Sunday (1:00pm – 4:00pm—Office is closed). **CLOSED-Dec. 25 (Sun), Dec. 26 (Mon).** (732) 329-4000 x7670, (732) 438-0918(rotary). Christine Wildemuth, Director, cwildemu@sbtnj.net

Meals Congregate meal site for Middlesex County. Lunch (Monday to Friday@11:30 am). Call Karen - (732) 329-6171. For reservations: call by noon, one day ahead. Vegetarian meals available. Suggested donation: \$2.25 per meal. You must be 60+ to participate in meal program.

Meals on Wheels: Suggested donation: \$2.75.

Transportation: Bus pass required - \$.50 each way. Reservations **MUST** be made by 3:45pm for the next day, week, month, or ride home. To cancel "Same Day Service" call **(732)-329-4000 x7363** before 8:30am. Leave a message, speak clearly, provide name, address, phone number, and reason for call. Buses are wheelchair accessible.

- **Exercise Run:** arrives by 9:15am (for those in classes prior to 10:30)
- **Cheers Run:** arrives by 10:45am
- **Afternoon Buses Depart Center:** 1:30pm and 3:00pm
- **Errand Run** – Thursdays (banks, Amish Market, CVS, post office, pharmacies along Rt. 27 from Finnegans Lane to Kingston).
- **Apna Bazaar** (1st & 3rd Mondays of the month).
- **Food Shopping to Stop & Shop** Monday 10:30am - Dayton S&S (for homes south of RT 1), Tuesdays – S&S (for Oakwoods & Charleston Place @10:30am), Thursdays – Errand Run (along Rt. 27, Amish Market, banks, etc.), Fridays 10:30am - S&S RT 27 (homes No. of RT 1).
- **Library Shuttle** - Every Wednesday (10:30am – Noon, runs every 30 minutes).

Program Highlights

Vision Support Group, Friday, December 2 @10:30am

Room and program for the day are TBD. See Caryl for information.

You Can't Afford to Miss this Workshop!



How to find Unclaimed/Abandoned Property, Identity Theft and Managing your Critical Financial and Personal Information - Monday, December 5, @ 12:30, Aud.1. Join John A. Seber of MyLegacyBackup LLC and learn how to handle identity theft; how to quickly and easily identify and recover assets you may not even realize you own; and how to organize your critical financial and personal information so your future and loved ones are protected. **FREE** – sign up required at office, by November 28.

Ted Talks – Wednesdays, December 7 @12:30pm and December 14 @10:45am, Aud.1. See Caryl's page for topics.



Winter Party – Thursday, December 8 @ 12:15pm, Aud. 1. Sing and dance to the music of Mario Marcal Entertainment. Winner of Billiards raffle will be announced. Door prizes too! Thanks to Atrium Health and Senior Living for sponsoring this event. They have a long history of providing premier health care for residents at every stage of senior life. Their centers offer post-acute care, long term care, hospice care, and senior living communities. Please sign-up at the office by Nov. 22.



Maurice Mahler - features the works of Mark Rothko – Friday, Dec. 9@12:30pm - Aud 1. Rothko was an American painter of Russian Jewish descent. Although he refused to adhere to any art movement, he is generally identified as an abstract expressionist. He is one of the most famous postwar American artists. **Event sponsored by "FRIENDS." ***FREE!**

Program Highlights



High School Concert Choir performs at Senior Center, Monday, December 12,

@12:30pm, Aud. 2 – The High School Concert Choir will perform. Please join us and support our talented youth!



Holiday Crafts with Art Lee - Tuesday, December 13, @12:30pm, Art Room.

Did you know that Art Lee has been named Plainsboro's Artist of the Year! Join Art as he helps you create holiday crafts for yourself, family, and friends. All materials will be supplied. Class size limited to 12. **FREE**. Sign up at the office by Nov. 29.



Holiday Karoke with Mary Rao! Thursday, December 15, @12:15pm, Cheers. Sing-a-long and join us for a hot cup of cocoa!



Memory Video – Friday, December 16 @ 10:45am, Aud. 1. Join us and learn how to improve your memory!



"HOLIDAY" Bingo – Friday, December 16 @ 12:30 pm, Aud 1. Let's be grateful for fun times with good friends! Join us for **FREE** bingo! Every time you win a game of bingo you will receive a special holiday prize! Sponsored by the South Brunswick Board of Education.

Monthly Berevment Support Group – Monday, December 19 @ 10:45 - 12:15, Art Room. Please contact Caryl for more information.

Monthly Birthday Lunch – Tuesday, December 20 @ 11:00am, Cheers. Is this your birthday month? Trivia and cake! Sign up by December 6.

Program Highlights



SB High School Winter Concerts, December 6,7,8 and 13 @ 7:00pm, SBHS. Free to seniors who pre-register at the Senior Center office by November 22. Must provide your own transportation.

Crossroads Middle Schools Winter Concerts

Free concerts to seniors who pre-register at the Senior Center office by November 22. You must provide your own transportation.

December 13 (Tue) @ 7:00pm – Crossroads South Middle School Orchestra performs at Crossroads South Middle School.

December 14 (Wed) @7:00pm – Crossroads North Middle School Band perform at South Brunswick High School.

December 15 (Thurs) @7:00pm – Crossroads North Middle School Orchestra will perform at Crossroads South Middle School. Crossroads South Middle School Band will perform at the SBHS.

December 20 (Tue) @7:00pm- Crossroads South Middle School Choirs perform at South Brunswick High School

December 21 (Wed) @7:00pm – Crossroads North Middle School Choirs perform at South Brunswick High School.



Your Choice ! Win a 19 inch Flat Screen TV or Collectible Lionel Train Set – Support our Billiards Team. Tickets for sale daily, by the pool tables. \$1-one ticket, \$2-three tickets. Drawing will be held on Thursday, December 8th at our winter party.

UPDATE Your Photo & Medical Records – If your picture has not been taken within the last five years and/or if your medical forms are more than 2 years old, please stop by the main office so that we can update your records. Please update email addresses and emergency contacts too!

Senior Scan Card Amnesty Days – Have you lost your scan card. Come by the office from **Monday, December 5 until, Friday, December 16** and get a new card for **FREE**. Remember scanning impacts our funding, so it is important you scan in every time you come to the center. If you ever happen to forget your card, please see the office for assistance.



Program Highlights

Senior Center gets a Facelift ----We all need to work together and be patient as our center is remodeled. **Starting around Tuesday, December 20, the entire lobby area will be closed for demolition, for a few weeks.** Senior Center bathrooms will be closed, no card activities, games or pool, etc, can take place. You may walk only on the tiled section of flooring to access Aud.1 & 2, Cheers and the Wellness Center. **During the months of January & February the center will be closed on Sundays.** If you need to access the Main Office, Art Room, or see Caryl or Marie you must use the side entrance (near the office). Look for emails and flyers for construction updates. **Project includes:** The Transportation Department's move to the center, a new technology room, new music room, and 3 new pool tables. Once construction is done, around March, we will get new carpeting and furniture.



George Street Playhouse Discount Tickets

Discount tickets are available to all SB Senior Center members and up to one guest, by calling Jaci D'Ulisse, (732) 846-2895 ext. 134. Shows at 8:00pm on Tuesdays, Wednesdays, or Thursdays, are \$16 per ticket, versus the regular \$32 group rate. New performance---**Daddy Long Legs,** (Nov. 29 – Dec. 24), a heartwarming musical.

Inclement Weather Notice - Learn about weather related senior center opening times, programs, class changes/cancellations---call 732-329-4000 ext. 7670, starting at 7:30am.

Donations – We graciously accept monetary donations (strictly designated for senior center use). Checks payable to the SB Senior Center. "Tribute Cards" are still available (\$15). **Reminder: All donations are tax deductible-there is still time to make your year end donation to the center. Your support is appreciated!**



No Live Fitness Classes with Maryanne

Maryanne will be on vacation starting December 19, so we will not have live fitness classes. Maryanne's live fitness sessions begin Wednesday, January 4, 2017!

WANT TO USE OUR GYM OR ATTEND CLASSES?

- ✓ Fill out 3 REQUIRED medical forms, (one to be filled out by your doctor)
 - ✓ Attend a **Personal Training Session – Mondays, December 5 & 19** (any time from 10:00 am to NOON, 15 minute sessions)
 - ✓ Sign up for classes - 2 WEEKS PRIOR to Start Date. Fees non-refundable.
-

Class Schedule

Art with Christina - Mondays @1:30pm. Mixed media of your choice. Bring own supplies! * Nov. 28-Dec. 19, (4 weeks), \$15, Classes resume in Spring.

NEW

Ballroom Dancing with Candace-Wednesdays,@1:45pm, March 1-April 19, (8 weeks), \$28

B.E.S.T. (Balancing, Exercises, Stretching, and Toning) with Liz - Mondays @1:45pm. Light weights, balls, and bands. Sitting in a chair.

* Nov. 21- Dec. 19, (5 weeks), \$20

* Jan. 9 – March 20, (8 weeks), No classes Jan 16, Feb 13, Feb 20, \$32

Chair Yoga with Joanne - Tuesdays @10:30am.

*Jan. 10 – Feb. 28, (8 weeks), \$25

Get Fit with Liz – Thursdays @1:45pm. Mix of cardio and strength exercises.

*Jan 5 – Feb 23, (8 weeks), \$32

Introduction to Drawing with Diane – Wednesdays @1:30-2:30pm. All levels welcomed. Classes resume late Spring 2017.

NEW

Line Dancing with Candace –Thursdays, @12:30pm, March 2 – April 20,(8 weeks), \$28

Pilates with Maryanne – Tuesdays @9:15am. One of the best ways for older adults to stay healthy. Bring your own ball.*Jan. 3 – Feb. 2, (8 weeks), \$25

Sculpting with Weights with Linda – Wednesdays @12:30pm. Strength training for you! *Jan. 11 – March 1, (8 weeks), \$28

Tai Chi with June –Thursdays @9:15am. This mind-body practice, has value in treating or preventing many health problems. * Jan 5 – Feb 23, (8 weeks), \$35

Tap with Robin & JC - Tuesdays @1:15pm. Beginners & returning students. Bring tap shoes. Jan 10 – Feb 28, (8 weeks), \$32

Yoga with Joanne - Thursdays @10:30am. A gentle practice! Bring your own mat. Classes on break for winter. * March 2 – April 20, (8 weeks), \$32

Zumba with Fran – Fridays @1:15 pm. * Jan 6. – Feb. 24, (8 weeks), \$28

Fainting

Most people are familiar with the sensation of feeling faint, and some may have even passed out at some time in their lives.

Often, fainting is the body's response to stress, exhaustion or temporary changes in blood pressure. "There are times, though, when fainting can be a sign of a medical problem that requires attention," says *Steven R. Bergmann, M.D., Ph.D., board certified in internal medicine and the chairman of the Department of Medicine at University Medical Center of Princeton.*

Syncope is the medical term for fainting or passing out. It is defined as a temporary loss of consciousness and usually results in a change in posture, such as falling down or slumping over in your seat, as a result of temporary reduced blood flow to your brain. In general, the temporary reduction in brain blood flow does not lead to permanent injury – but the act of falling can cause trauma to the head or bones and result in fractures.

In older adults, syncope is generally caused by dehydration, medications or a combination of the two. While the majority of syncope cases are benign, in some instances fainting can be associated with an underlying condition.

Forms of syncope that may suggest a more serious cause include:

- Fainting occurring with exercise
- Fainting connected to heart irregularities, such as arrhythmia or palpitations
- Fainting accompanied by chest pain, severe headache, or various neurological problems such as a stroke or seizures

If you experience any of these kinds of fainting episodes or have a family history of fainting, you should contact your doctor right away.

To find a physician with Princeton HealthCare System, call (888) 742-7496 or visit www.princetonhcs.org.



Dealing with Dizziness and Vertigo,
Monday, December 5, @10:45 am –
11:45am.

Learn more about the anatomy and physiology of the inner ear, common causes of dizziness, vertigo and loss of balance and how vestibular rehabilitation can help. This session is presented by Michael D. Lupa, MD. Specializing in otolaryngology, and Erin Mee, PT, DPT, MA, Physical Therapist specializing in vestibular dysfunction with UMCP's Outpatient Rehabilitation Network. Sign-up with David or call (609) 497-2230.

Hypertension – Thursday, December 15, @12:30pm-1:15pm

Hypertension, or high blood pressure, puts you at risk for many other health conditions, including heart attack, stroke and kidney disease. Join us to learn what you can do to manage your blood pressure, and the importance of taking control of your health. Srujanan Polsani, MD, board certified nephrologist, will lead this discussion. Dr. Polsani is a member of the Medical Staff of Princeton HealthCare System. Sign-up with David or call (609) 497-2230.

Blood Pressure Check, Tuesday, December 20, 10:00am – Noon.
(no sign-up required).

LOCAL TRIPS - Everyone is welcome to go on trips as long as you have a bus pass. Call 732-329-4000 x7363 for bus pass information or to schedule your ride. Trips leave from the senior center at @10:30 am. Trips with less than 10 riders will be cancelled.



December 7 – Quakerbridge Mall



December 1, (Thursday @ 12:30 pm) – The Meddler –
(PG – 13, 1:50, Action), Aud.1. Marnie has relocated from NJ to Los Angeles to be near her daughter, Lori, a successful (but still single) screenwriter. But when the dozens of texts, unexpected visits, and unsolicited advice force Lori to draw personal boundaries, Marnie finds other ways to channel her optimism. Starring Susan Sarandon and Rose Byrne.

December 13 (Tuesday) – Florence Foster Jenkins – (PG 13 – 1:50,
Drama), Cheers Room. The true story of Florence Foster Jenkins, the legendary NY socialite who obsessively pursued her dream of becoming a great opera singer. Unfortunately, others find her singing to be hilariously awful. Her husband and manager, St. Clair Bayfield, an aristocratic English actor, tries to protect her from the truth, but when Florence decides to give a public concert at Carnegie Hall, St. Clair knows he must face his greatest challenge. Starring Meryl Streep and Hugh Grant.

From the Desk of Marie Brown,

Outreach/Program Coordinator

Ext. 7676 Email: mbrown@sbtanj.net

I am available to meet with seniors and assist them with the application process for a variety of government assistance programs, including gas and electric support, Pharmaceutical Assistance (PAAD), Senior Gold Applications, home energy assistance (HEAP) and The New Jersey Shares Program. Information and Applications are also available for water & sewer deductions, home care & respite care services, Property tax relief programs, telephone and cable discounts etc. **(Reminder-Medicare open enrollment ends December 7th).**

The Low Income Home Energy Assistance Program

(LIHEAP) 1-800-510-3102 is designed to help low-income households meet home heating and medically necessary cooling costs. This year, the application period is November 1, 2016 to April 30, 2017. The maximum monthly income to qualify for a household of 1 is \$1,980 and for a household of 2 is \$2,670. You must apply yearly for this benefit.

The Universal Service Fund (USF) 1-866-240-1347. USF is a program created by the State of New Jersey to help make natural gas and electric bills more affordable for low-income households. If you are eligible, USF can lower the amount you pay for gas and electricity. USF accepts applications all year. The maximum monthly income to qualify for a household of 1 is \$1,733 and for a household of 2 is \$2,337. You must apply yearly for this benefit.

NJ Lifeline- 1-800-792-9745 a \$225.00 annual benefit is available for seniors 65+ or persons receiving SSD benefit. Income must not exceed for a single person \$26,575 or \$32,582 for a married couple. Applications accepted all year.

Medicare Counseling (S.H.I.P) Assistance is available to understand Medicare information including supplemental Insurance policies, Medicare Advantage Plans (HMO'S) and the New Part D Drug coverage. Assistance is available for medical claims and hospital billing problems and employer health plans in conjunction with Medicare.

From the Desk of Caryl Greenberg

Social Worker,MSW LSW ext.7212

Email: cgreenbe@sbtnj.net

Getting Through the Holidays

With the New Year looming ever closer, many of us find our minds drifting towards dealing with the approaching holidays. For some, thoughts turn to excitement at the prospect of seeing family, dreaming of feathery snowflakes and enjoying holiday cheer. For others, these spirits may be dampened by feelings of sadness, loss and loneliness. The themes over the holiday season are gratitude, light and hope for the year to come which is often at odds to how we are feeling. Though you might have been through the grieving process some time ago sometimes holidays or seasons can trigger a brand new cycle of grief.

Here are some ideas for getting through this time.

Write out your schedule ahead of time. Try to include active time, down time and alone time. Putting thought into how you will spend your days can reduce anxiety you might be feeling and the value of a structured day quite beneficial.

Remember your loss with others. Take out a photo for example and reminisce with your family/friends about a special time together.

Accept at least one invitation- Someone I know from the senior center after her husband died decided to always say yes to an invite. She figured she can always cancel but she never said no when someone reached out to her. The fear is eventually those invites will stop coming if you don't sometimes say 'yes'.

Take each holiday one year at time. You don't have to do the same thing this year that you did last year. Perhaps you want to go on a long vacation, leave the state for the weekend or go to the movies and out to dinner.

Take care of yourself. You know eat well, sleep enough, get fresh air etc.

Surround yourself with people who make you feel good. No need to elaborate; you know who your friends are.

Lastly, eventually most people do enjoy the holidays again and do find some joy in them. Hold on to that hope.

If you would like to attend the special bereavement group on December 19th at 10:45am-12:15 please let me know. No walk in's please.

Ted Talks

December 7 @ 12:30pm - We've stopped trusting institutions and started trusting strangers/Rachel Botsman

December 14@10:45am - Why I loved a country that once betrayed me/George Takei

Club News

Senior Advisory Council – a 13 member board appointed by the Mayor and Township Council who discuss issues that affect the senior center. **Everyone is welcomed.** **Township Liaison:** Councilman Charlie Carley, **SAC Chairman:** Don Bergman. **Next meeting: December 1 @10:30 am – Noon**

FRIENDS – Friends is a charitable non-profit organization who raise funds to promote, support and supplement Senior Center activities as well as improve the lives of seniors. They sponsor cultural events, shows, and lectures and purchase items for our senior center. Dues: \$3.00/year for resident seniors and \$5.00 for non-residents and non-seniors. See office or website for membership forms. President: Muthu Subramanian. **Meeting: December 9 @10:30am. No Bingo this month.**

South Brunswick Senior Social Club — Newcomers welcome! Dues are \$10.00. **Meeting: December 6 @1:00pm, Aud. 1.** Brief business meetings and bingo. SBSC President: Lillian Donovan 908-307-6422.

The Golden Age Club — bring together & promote the welfare of seniors through fun trips and parties. Dues are \$10.00. **Meeting: December 14, Aud. 1.** President: Gloria Zimmerman, 732-355-1860.

Billiards Club —All are welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. President: Lewis Gould and Captain Lou Mazza. **Home game: Senior League plays Elizabeth on December 15. Meeting: December 7@11:00am, Aud. 2.**

Bridge Group - Friendly Duplicate tournaments are played 1st & 3rd Wednesdays. **December 7 & 21 @12:30pm, Aud 2.** Daily bridge play in lobby.

Knit and Crochet Club — The Knitting and Crochet Club supports those less fortunate and in crisis. **Wednesdays at 9:30am to 11:00am (Cheers).** Yarn Donations Please! Newcomers are welcomed!

Badminton Friendly non-competitive play every Tuesday and Wednesday. See Wellness Center calendar for times. Just stop by the gym to play. Equipment provided.

Ping Pong – play with others on **Monday's, Wednesday's and Friday's - (3:00 – 4:30 pm), most Sunday's (1:00-4:00 pm).** OPEN Play Daily!

Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension. After hours leave a voicemail.

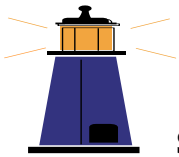
Extensions

Christine Wildemuth, Director, Office on Aging.....x7682
Caryl Greenberg, Social Workerx7212
Wanda Garrin, Program Coordinator.....x7675
Marie Brown, Program Coordinator (Benefits).....x7676
Jackie Johnson, Administrative Secretary.....x7677
Jasmine Aynilian, Main Office, Secretaryx7670
Steve Aker, Custodian.....x7350
After Hours/Weather Updatex7670
Transportation.....x7363

Meals on Wheels & Daily Meal Program:

Karen Delikat (732) 329-6171 or Karen Lahrman, Driver

Princeton HealthCare System.....(609) 497-2230



South Brunswick Office On Aging

540 Ridge Road
Monmouth Junction, NJ 08852